



MUSHROOM RISOTTO

 **Prep: 15 minutes**

 **Cook: 20 minutes**

 **Serves: 4**

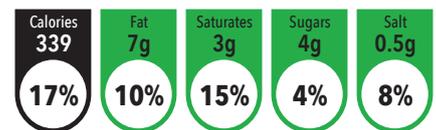
INGREDIENTS:

- 30g dried porcini mushrooms
- 1 tbsp olive oil
- 1 onion, sliced (180g)
- 250g chestnut mushrooms, sliced
- 2 cloves garlic, finely chopped
- 250g Arborio risotto rice
- 500ml low salt vegetable stock
- 25g pack parsley, chopped
- 3 tbsp half fat crème fraîche (75g)
- 1 tsp **LoSalt**

METHOD:

1. Place the porcini in a small bowl and pour over 400ml boiling water, cover with clingfilm and leave for 15 minutes. Drain, reserving the liquid and roughly chop.
2. Heat the oil in a large frying pan and fry the onion for 3 minutes. Stir in all the mushrooms and the garlic and fry for 2-3 minutes. Add the rice and stir, to evenly coat in the juices.
3. Mix together the reserved mushroom liquid and stock and add a little to the pan, over a gentle heat. Cover and keep stirring in more liquid as it gets absorbed by the rice until the rice is tender but there is still a little sauce.
4. Off the heat, stir in the parsley, crème fraîche and **LoSalt**.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great as a main meal or as a side dish to roast chicken breasts, pork chops or sausages.